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This blog provides a regular comment on matters of concern to readers. It is often described as 'lively' 'enjoyable' and 'interesting'. The Tap is run by software professionals who don't invoice their work, but who have ordinary jobs and like everyone else, need some income from time to time. If you are enjoying the Tap, you might bear this in mind and send us a little thank you occasionally. It would be greatly appreciated.

The Shocking Truth About Skin Cancer: What You're Not Being Told About the Sun

Wed 11:10 am +00:00, 19 Mar 2025 5

posted by ian

The Vigilant Fox – March 17, 2025

Is everything we've been told about the sun one big fat lie? The answer seems to be a **resounding yes**.

While the public is constantly told to avoid the sun to prevent skin cancer, what they're not telling you is that sunlight is arguably the most important nutrient for the human body.

Everything you've been told is upside down. Keep reading—the truth will shock you.

Avoiding the Sun is More Dangerous Than Sun Exposure

A 20-year study of nearly 30,000 Swedish women found that those who avoided the sun had a **60% higher risk of death** than those who regularly got sunlight. Even more shocking, non-smokers who avoided the sun had the **same mortality risk** as smokers who got sun exposure.

This blows apart the mainstream claim that sun exposure is inherently dangerous. In reality, avoiding sunlight may be one of the **most harmful public health recommendations ever made**.

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Events in the UK

The Alternative View Presents Roger Anderton

Date: 4 May 2025

Time: 11:00 - 16:00

Location: The Assembly Rooms, Glastonbury, Somerset, UK

"Einstein Wrong and Special Relativity Revisited"

Original Article | Journal of INTERNAL MEDICINE

doi: 10.1111/joim.12496

Avoidance of sun exposure as a risk factor for major causes of death: a competing risk analysis of the Melanoma in Southern Sweden cohort

P. G. Lindqvist[1], E. Epstein[2], K. Nielsen[3], M. Landin-Olsson[4], C. Ingvar[5] & H. Olsson[6]

From the [1]Clintec, Karolinska Institutet, Department of Obstetrics and Gynecology, Karolinska University Hospital, Huddinge; [2]Department of Obstetrics and Gynecology, Mothers and Childrens Health, Karolinska University Hospital, Solna, Stockholm; [3]Department of Dermatology, Helsingborg Hospital, Clinical Sciences, Lund University; [4]Department of Endocrinology, Clinical Sciences, Lund University Hospital; [5]Department of Surgery, Clinical Sciences, University Hospital; and [6]Departments of Oncology and Cancer Epidemiology, Lund University Hospital, Lund, Sweden

Abstract. Lindqvist PG, Epstein E, Nielsen K, Landin-Olsson M, Ingvar C, Olsson H (Karolinska University Hospital, Lund University, Lund, Sweden). Avoidance of sun exposure as a risk factor for major causes of death: a competing risk analysis of the Melanoma in Southern Sweden cohort. *J Intern Med* 2016; doi: 10.1111/joim.12496.

Objective. Women with active sunlight exposure habits experience a lower mortality rate than women who avoid sun exposure; however, they are at an increased risk of skin cancer. We aimed to explore the differences in main causes of death according to sun exposure.

Results. Women with active sun exposure habits were mainly at a lower risk of cardiovascular disease (CVD) and noncancer/non-CVD death as compared to those who avoided sun exposure. As a result of their increased survival, the relative contribution of cancer death increased in these women. Nonsmokers who avoided sun exposure had a life expectancy similar to smokers in the highest sun exposure group, indicating that avoidance of sun exposure is a risk factor for death of a similar magnitude as smoking. Compared to the highest sun exposure group, life expectancy of avoiders of sun exposure was reduced by 0.6–2.1 years.

The Myth That Sun Exposure Causes Deadly Skin Cancer

We've been told that UV exposure causes skin cancer—but does it really?

The numbers say otherwise:

Most skin cancers aren't deadly. Basal cell carcinoma (BCC) and squamous cell carcinoma (SCC) are common but rarely life-threatening.

Melanoma, the deadliest skin cancer, isn't primarily caused by sun exposure.

Outdoor workers get 3–10 times more UV exposure than indoor workers—yet have lower rates of melanoma.

> •Outdoor workers get 3–10 times the annual UV dose that indoor workers get, yet they have lower incidences of cutaneous malignant melanoma and an odds ratio (risk) that is half that of their indoor colleagues.
>
> •A 1997 meta analysis of the available literature found workers with significant occupational sunlight exposure were 14% less likely to get melanoma.

A Midwestern Doctor calls out this contradiction:

"SCC (squamous cell carcinoma) and BCC (basal cell carcinoma) occur in sun-exposed areas, but melanoma is overwhelmingly found in areas that get almost **NO sunlight**."

The Hidden Health Benefits of Sunlight

Sunlight is absolutely essential for human health. Research shows that getting regular sun exposure can:

Lower cancer risk – People who spend more time in the sun have a 50% lower risk of breast and prostate cancer.

Strengthen the immune system – Sunlight helps white blood cells fight infections more effectively.

Support heart health – UV exposure boosts nitric oxide, which lowers blood pressure and improves circulation.

Improve mood and mental health – Not getting enough sun is a major factor in depression and seasonal affective disorder (SAD).

Increase lifespan – Studies show that people who get more sun tend to live longer.

So why are we still being told to avoid it?

Fearmongering for Profit

The war on sunlight didn't happen by accident—**it was manufactured**. The dermatology industry rebranded itself as the front line against skin cancer, turning skin exams and biopsies into a billion-dollar industry.

Routine full-body skin checks create a steady stream of profitable procedures.

We are told the speed of light cannot be exceeded. What if that is wrong? What if Einstein was wrong and the theory of General Relativity is incorrect? Could that open up a whole new world of possibilities?

In May 2025 The Alternative View returns to Glastonbury where Roger Anderton will be asking those questions and putting forward an exciting new model.

Roger Anderton is from the John Chappell Natural Philosophy Society – a group that was formed on the idea that Einstein's relativity is wrong (especially special relativity is wrong). In relativity there are many paradoxes (such as twin paradox) which are really contradictions; thus the believers in relativity are talking nonsense. In trying to get this information out to the general public we have found our voice has been mostly blocked.

For first time in UK we are presenting publicly the film Einstein Wrong by David de Hilster which has been prevented from being shown at film festivals. Physics has been corrupted by relativity nonsense.

Event hosted by Gary Fraughen.

The Alternative View Special Event

Date: 28 June 2025

Time: 11:00 - 18:45

Location: The Old Convent, Beeches Green, Stroud, GL5 4AD

"The Undeclared Frequency War on Humanity and the Planet"

On Saturday the 28th June 2025 at the invitation of Project Libertas The Alternative View travels to Gloucestershire for a one day AV Special Event.

We will be bringing together four experienced and knowledgeable speakers who will discuss the current technological assault on the human race and the planet. Among the topics covered will be the rise of AI, 5G, the war on biology, Smart Technology, Geoengineering, Smart Cities, the war on food, full spectrum digital tracking and the weaponization potential of technology sold to us on the promise of an easier and more secure life.

There will be plenty of time to network, share ideas and meet to the speakers.

There will be an evening bar for socializing and chat. Come along and have an interesting day out and mix with like-minded people.

+++ Bonus evening crop circle and paranormal presentation by AV's very own Matthew Williams. +++

Event hosted by Gary Fraughen.

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Kneepad on The Shocking Truth About Skin Cancer: What You're Not Being Told About the Sun

Belyi on The Shocking Truth About Skin Cancer: What You're Not Being Told About the Sun

Skin cancer deaths haven't meaningfully declined—despite all these aggressive interventions.

The same fear-based tactics used to promote smoking as "healthy" decades ago are now being used to sell sunscreen and sun avoidance.

A Midwestern Doctor exposes how this scam works:

"They weaponized language, lumping harmless cancers in with deadly ones, then used fear to drive profits."

The Sunscreen Deception

Sunscreen has been pushed as a must-have for cancer prevention, but the facts don't back it up. Studies show it hasn't reduced melanoma rates—and some research suggests it might even make things worse.

Many sunscreens are packed with chemicals that get absorbed into the bloodstream. Instead of educating people on how to get safe, natural sun exposure, the industry keeps selling products that could be doing more harm than good—all while cashing in on fear.

Conclusion: Stop Fearing the Sun

For years, we've been conditioned to believe that sunlight is dangerous. The truth? **Avoiding the sun is far more dangerous than responsible sun exposure.**

The dermatology industry has turned fear into big business, pushing sun avoidance and costly treatments—but sunlight is essential for **health, immunity, and longevity**.

Bottom line: **Sunlight isn't the enemy.** The real danger is the deception keeping people in the dark—both literally and figuratively.

This article is a concise and reader-friendly version of a report originally published by A Midwestern Doctor. Key details have been streamlined for clarity and impact. For the full story, visit midwesterndoctor.com.

Mr X on The Shocking Truth About Skin Cancer: What You're Not Being Told About the Sun

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5 Responses to “The Shocking Truth About Skin Cancer: What You’re Not Being Told About the Sun”

19 Mar 2025 11:50

pete fairhurst 2 says:

Good stuff Ian, thanks

LOG IN TO REPLY

19 Mar 2025 13:54

Mr X says:

Thank you,
I’m stealing and sharing Ian.

LOG IN TO REPLY

19 Mar 2025 16:19

Belyi says:

I thought this had been known for years. I love sitting out in the sun but haven’t used sunscreen for over 40 years.

LOG IN TO REPLY

19 Mar 2025 18:47

Kneepad says:

Ive known this for many years now, first of all just by using common sense and thinking of all the people that live, say 20 or even 30 degrees either side of the equator. If the sun caused cancer then surely the vast majority of these people would have cancer as a matter of course. My 84 tear old mother has 2 scabby growths, the size of a penny, on her forehead, they have been there about 3 years now. She believes her GP who says they were caused by exposure to the sun. I honestly dont know anyone who hates being in the sun more than my mother, its got to the point were she wont go out on a nice summers day, not that we get many of them, she is terrified of the sun. As afar as I can work out its aluminium particles in sun lotion and body creams, along with other chemicals they put in food and clothes like benzoates. Fire resistant chemicals used in furniture materials are also known to be carcinogenic that can leach into the skin. I once read a report that said one of the major cover ups of the Grenfall Tower fire was the amount of deaths that were caused
by the fumes of these deadly fire resistant chemicals. The sun is the best natural antiseptic on the market, thats why they do their best to block it out. Enjoy the sun whenever you can and if you are not used to it, just slowly build your tolerance to it over a period of time, that vitamin D from the sun is so important to our health.

LOG IN TO REPLY

19 Mar 2025 19:02

Kneepad says:

Oh and avoid tattoos. You know how they like to create cancer, its such a lucrative earner for them. Well we know that they use additives and chemicals into everyday items we use and consume and Ive been saying for years I wonder if they are adding chemicals to tattoo ink. So many people getting their skins inked these days, its such any easy way to create new cancer customers for the future. Well sometime last summer there was an article in the Metro paper stating that people with tattoos were now presenting themselves with a rare and aggressive form of cancer, I cut the article out and kept it. I put nothing past these evil b’stards.

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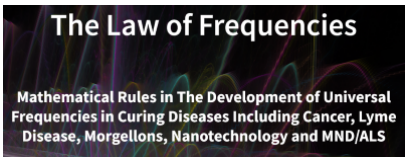

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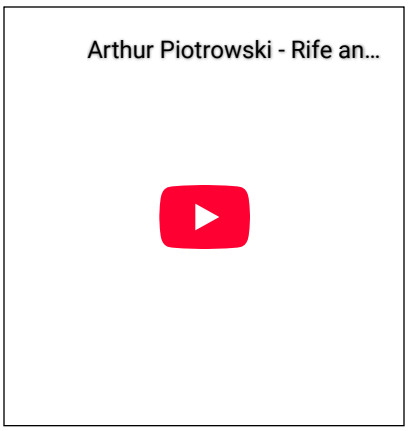

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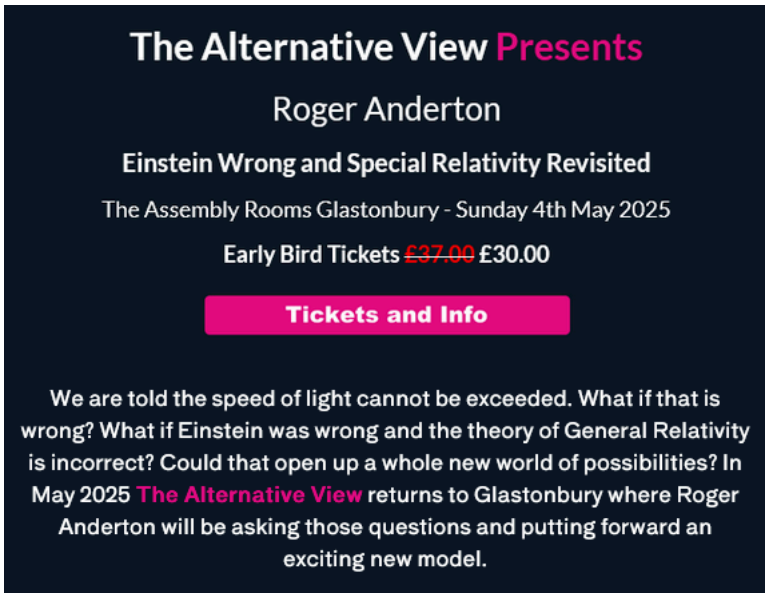

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